



MAI SON YOU

WELCOME TO

MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences.

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



CHENOT PALACE

Nestled on the pristine shores of Lake Lucerne in the historical Swiss village of Weggis, facing Mount Rigi and Pilatus, lies Chenot Palace. A place where the sole purpose is to make you feel good, to put you at ease and enter into intimacy with your being; empowering generations of people to live longer, healthier, more fulfilled lives.

Renowned for offering the most advanced wellness retreats in Switzerland and guided by over 50 years of scientific studies, the Chenot Palace Weggis combines a 5,000 sqm state-of-the-art medical spa, unique advanced diagnostics, powerful personalised treatments complemented by the highest levels of superlative hospitality. This extends to your dining experience during your stay, where a talented team of creative chefs and nutritional scientists work in perfect synergy with your medical treatments.

To compliment your retreat, swim from the private lake front beach during all seasons, and enjoy year-round fitness classes including yoga, guided walking and hiking tours.



BODY INSIGHTS AND OPTIMISATION

Chenot Palace
Weggis, Switzerland

5 nights
Year-Round

BODY INSIGHTS AND OPTIMISATION

PERSONALISE YOUR STRATEGY TO OPTIMISE YOUR WELLBEING AND LONGEVITY



Building on decades of experience around detoxification, Chenot Palace have complemented their core expertise with a new **Body Insights and Optimisation** programme. This is a powerful stand-alone non-detox retreat where you will gain in-depth, actionable insights into your body's current condition; from metabolic efficiency and inflammation to cardiovascular fitness and muscular strength.

From this information, personalised strategies will be created by world-class professionals to optimise your wellbeing and longevity. The programme is structured around a detailed Screening phase of eight assessments, before four Functional Tests and medical and nutritional consultations. This is followed by a Movement, Education and Performance phase of six sessions alongside complimentary Therapies including four treatments.



WHY IT STANDS OUT

Designed as a powerful standalone experience, this programme is ideal for those seeking clarity, performance enhancement and a deeper understanding of how to improve health from the inside out.

- **Chenot Screening:** An extensive phase of eight assessments, this includes gut health test, arterial stiffness test, body composition analysis, blood tests and a oxidative stress assessment amongst others.
- **Movement, Education & Performance:** This stage includes strength training, hypoxic exercise training in an altitude room as well as breathing, stability and mobility classes; all improving the body's posture, musculoskeletal flexibility, endurance and cardiovascular health.
- **Functional Diet:** Seasonal, local, organic and minimally processed ingredients to support health and reduce inflammation without overwhelming metabolic processes.



KEY EXPERIENCES:

- Embrace the focus to not add years to your life, but life to your years
- Benefit from extensive professional medical and nutritional assessments and screenings to provide a personalised strategy for health and longevity
- Under the supervision of a Harvard-trained doctor, you will take part in a remote consultation to discuss all diagnostic results alongside a comprehensive report
- Undertake classes focussed on treating major muscle groups, musculoskeletal flexibility and cardiovascular health
- Enjoy treatments including cupping to activate cellular repair and reduce stress, as well as a specialist abdominal massage to stimulate digestion, reduce bloating and support gut health
- Understand more about the impact your lifestyle has on your health with educational lectures in sleep, nutrition and exercise.
- Experience the vegetarian Functional Diet with anti-inflammatory properties. Nutrient-dense meals ensure digestive ease and promote hormonal balance, providing essential vitamins, minerals, and phytonutrients. Collagen peptides are provided daily to support connective tissue, skin integrity, and cellular regeneration from within.

DETAILS & PRICING:

DATES:

5 nights
Year-Round

LOCATION:

Chenot Palace
Weggis, Switzerland

PRICING:

From CHF 8,150 for single occupancy of a Nest Room, or CHF 15,450 for two people sharing a Classic Room.

Price includes full programme, all inclusive meals and treatments.

YOUR MAISON YOU BENEFITS:

- Complimentary minibar
- CHF 100 spa credit per room (CHF 200 for a Suite)
- Room upgrade to the next higher category*
- Early check-in and late check-out*

*Subject to availability





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Arrival and departure days are not included within the programme schedule, allowing you time to settle before beginning the regime.

Day One

- First medical consultation
- Inflammatory markers and molecular lab sample
- Measurement of Advanced Glycation End products (AGEs)
- Arterial Stiffness assessment
- Oxidative Stress assessment
- Chenot Recovery treatment
- Hypoxic exercise training in an altitude room
- Strength training session

Day Two

- Postural and Movement assessment
- Strength and Balance assessment
- Stress test (HRV analysis)
- Hypoxic exercise training in an altitude room
- Breathing / Mobility / Stretching class
- Chenot Abdominal treatment
- Lecture: Inner Clocks, Sleep Quality and Quality of Life

Day Three

- Body Composition analysis
- Cardiorespiratory fitness assessment
- Strength training session
- Chenot Energy Balancing treatment
- Lecture: Emotional Vibrant Health

Day Four

- Chenot Regenerating Treatment
- Beathing / Mobility / Stretching class

CONTACT US

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The journey inward is the greatest adventure of all

WELCOME HOME

